



INCLUDES A LEADING EDGE
PERSONALITY ASSESSMENT

UNSHAKEABLE SELF ESTEEM & CONFIDENCE

A POWERFUL 4 STEP PROCESS TO
FULLY VALUE YOURSELF & TRUST
YOU CAN GET WHAT YOU WANT

DIANA DENTINGER

Creator of the Personality & Needs Profile®
Founder of the Your Life Your Way Academy

YOU ARE IN THE RIGHT PLACE!

DO ANY OF THESE SOUND LIKE YOU?

Difficulty Making Decisions? A lack of confidence can lead to indecisiveness, as you might doubt your ability to make the right choices. This indecision can create further anxiety and frustration.

Sensitive to Criticism? You might react strongly to criticism, perceiving it as a confirmation of inadequacies rather than constructive feedback. This sensitivity can lead to feelings of worthlessness or defensiveness.

Negative Self-Talk? You might have an inner critic in your internal dialogue, scolding yourself for mistakes or shortcomings. This negative self-perception reinforces feelings of low self-worth and can also impact your mental health.

Difficulty Accepting Compliments? You might struggle to accept compliments, dismissing them or attributing them to others' kindness rather than recognizing your own worth and strengths.

Comparing Yourself to Others: You might engage in unhealthy comparisons, believing others are better or more successful. This can lead to feelings of inferiority and dissatisfaction with your own life.



Overly Critical of Yourself: You might focus on your flaws and mistakes while ignoring your achievements. This tendency to magnify the negatives perpetuates a cycle of low self esteem.

Need for External Validation? You might rely heavily on others' opinions for your self worth, seeking constant reassurance from friends, family, or colleagues to feel valued for who you are and what you do.

THIS PROCESS WILL BE USEFUL IF ANY OF THESE ARE YOU!

THIS IS THE OBJECTIVE

FULLY TRUST IN WHO YOU ARE TO DO MORE YOU!



Aiming & achieving goals,
Traveling for work,
Training & being active,
Leaving the herd mentality.

CONSCIENTIOUS
PERSONALITY NEED

- I innately teach well, transmit & unite.
- I desire to acknowledge the good & continue learning.
- I feel energised by being grateful, benevolent & idealistic.

Teaching & Coaching,
Provoking thought,
Raising consciousness,
Life long learner.

ADVENTUROUS
PERSONALITY NEED

- I innately coordinate well, demonstrate & progress.
- I desire to succeed & perform to the best of my abilities.
- I feel energised by being capable, talented & heroic.

INDEPENDENT
PERSONALITY NEED

- I innately complete & realize things effectively.
- I desire to love unconditionally & dance through life.
- I feel energised by being autonomous, free & deliberate.

Promoting freedom,
Being an Entrepreneur,
Feeling free of fears,
Being spontaneous & light.

Using my intuition,
Sensing the way,
Being profound,
Nurturing the soul.

NURTURING
PERSONALITY NEED

- I innately perceive well, use my intuition & easily predict.
- I desire to uncover things below the surface & go deep.
- I feel energised by being sensitive, profound & secretive.

ENTERTAINING
PERSONALITY NEED

- I innately guide well, discover & fantasize.
- I desire to consider others & make life sacred.
- I feel energised by being sincere, authentic & altruistic.

Following inner GPS,
Guiding clients,
Discovering & exploring,
Considering all as sacred.

Inspiring others,
Doing breath work,
Giving self authorisation,
Living with purpose.

INSPIRING
PERSONALITY NEED

- I innately dream a lot so I follow my deeper calling.
- I desire to renew, rejoice & reawaken my mission.
- I feel energised by being purposeful, elevated & believing.

ADAPTABLE
PERSONALITY NEED

- I innately listen well, offer perspective & save.
- I desire to serve & help those who need what I have.
- I feel energised by being understanding, inclusive & diverse.

Caring from the heart,
Listening to my heart,
Having different
Points of View.

NO MATTER WHAT OTHER PEOPLE MIGHT SAY OR THINK ABOUT YOU!

WELCOME & GET READY FOR FUN!

Welcome here, I'm **DIANA DENTINGER**, your guide to bring out the best you ever. Back in 1985, I started my career as an Entrepreneur and Corporate Team Building Trainer. Since then, I've been on a mission to **design programs that are fast, fun and highly effective**. Whether you're navigating a journey for personal growth or seeking a spiritual compass, I've got something for you!

Over these 35+ years, I've helped hundreds of one on one clients in over 20 countries of the world. They are people like you, **wanting more out of life!** But in their race to success, the overwhelm of their roles and responsibilities, their fears and struggles, they lost themselves. Their feelings of confusion, frustration, guilt and regret also put a strain on their own health and relationships. What brought their **inner spark back to life was knowing who they are**. I've heard so many personal stories in my long Coaching Career. Humans are very fragile yet also very powerful!

In 2004, my Coaching skills skyrocketed when I become a **BioPsychology (Neuroscience) Psychosomatic Illness** therapist. These profound and practical approaches helped me unravel the mysteries of each person's inner conflicts and talents. Reverse engineering the research, I created the **Personality & Needs Profile®** and the **Your Life Your Way™** Coaching Methodology. For these I was awarded Top 100 World Women Achievers in 2018.

Here's the thing: You're here because you're ready for more and better! You've tried some techniques that worked, others that were a waste of time, others that only gave short term benefits. **How about tools that are spot on for you as a unique individual?!** This practical and personalised process gives you the key to unlock your greater potential for more happiness, health and vitality.

Born in Chicago, IL, I grew up in a huge midwestern USA family that taught me about life's variety and richness. I've spent most of my life in Europe (since 1984) raising my four kids in Northern Italy. Here's to you **becoming crystal clear & confident** for a happier, healthier and **more fulfilling life**, your way.



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INTRODUCTION SELF CONFIDENCE



Welcome to the beginning of your journey towards unshakeable and long lasting self confidence. In these pages, you embark on a transformative process, rooted first in the real significance of what confidence is (and isn't), and also how it differs from other words used (and misused) as substitutes: such as self esteem and self worth. My aim is that you build a robust foundation for your confidence, one that remains steadfast in the face of life's varied challenges for greater self love and happiness.

What Is Confidence?

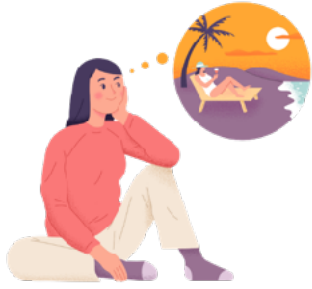
Confidence is often misunderstood. It is not merely a feeling of being able to do something well or a transient sense of self reassurance. Rather, the origin of the words mean that you **trust in yourself, in who you are**. (Latin cum + fides).

The greatest self trust comes when you tap into an inner knowing. In this "space" you don't need to think or belief. You just "know". And when you know, then situations, other people, decisions and choices "feel right" for you. Situations will require learning skills, therefore practice. When you feel confident, you know you can improve your abilities, your judgment and your power to engage with the world effectively. You rarely feel demotivated by being not enough, aka self pity party.

CONFIDENCE is evolutionary; a baby is confident that one day he or she will sit, stand, walk and run. It is in the human DNA to do those things. There is zero self doubt because there is an inner trust that he or she is designed to take those steps.

CONFIDENCE is also dynamic; it evolves with experiences and stagnates without them. You grow more confident when you have **EVIDENCE** that you have done something that "feels right". You might say that inner knowing and self trust come from the past and you project those out into the future.

CONFIDENCE is also specific and situational; meaning that you can feel confident in one area of life and at the same time possibly feel unsure in another area. You are not here to be and do everything. You are here to be and do YOU!



SELF ESTEEM & SELF WORTH

Confidence Vs. Self Esteem and Self Worth

Based on the etymology of the word, confidence means to trust in yourself. It is about you, your past experiences and your future desires. And it is fine to make mistakes. These give you insights into how and what to improve upon.

Whereas self esteem has a different origin. It is more like getting for an estimate, (esteem) on something you want to buy or sell. And even self worth is similar. This is where things get sticky because both tend to come with a “price tag” attached.

What is vital for you now is to **feel your intrinsic value as a human being**. There is no price tag on life. Unlike confidence, which can fluctuate based on your personal expectations, **self worth and self esteem should remain constant**, regardless of our successes or failures. **Know always that you are precious!**

Building Real & Long Lasting Self Esteem & Confidence

This PDF guides you through practical steps for unwavering and deeply real esteem & confidence. It goes deeper than the superficial advice & “fake it until you make it” techniques found in most self help. You dive into the essence of who you are.

This Process takes you through Exercises and Reflections designed to:

- Uncover and affirm your innate talents and strengths (Personality Needs).
- Address and transform the inner narratives that undermine your confidence.
- Develop a resiliency to welcome challenges as opportunities for growth.
- Create a personal action plan that aligns unique personality traits to life goals.

What is Up Ahead for You

Remember that **building real confidence is a process**, one that requires patience, persistence and a willingness to engage deeply with yourself. Step by step you will embody more and more, in harmony with your real self. Let's go!

TAKE STOCK OF WHERE I AM NOW

THE PDF GUIDE IS NOW WRITTEN IN THE FIRST PERSON (I, ME, MY)



How confident am I in myself overall? Rate from 1 (low) - 10 (high)

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How confident do I feel in my relationships? Rate from 1 (low) - 10

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How confident do I feel in my job or work now? Rate from 1 (low) - 10

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Why do I want to be more confident? Explain the reasons.

How will my life improve when I am more confident? Explain below.

THE 4 GIANTS THAT BLOCK REAL CONFIDENCE

There are obstacles that might stand between me and my unshakeable self esteem and confidence! Once I know these “big guys” then they are easier to surpass.

Giant 1: Overthinking My Way Out of Confidence: Yep, we've all been there, over analysing every little decision until we talk ourselves out of feeling confident. But confidence isn't something I can think into existence; it's something I feel in my heart and soul, brain and bones. It is inner knowing, despite external conditions.

Giant 2: My Built in "Animal Brain": Our brains are wired for survival, which means we're on constant high alert for threats. This can make us shy away from taking risks or stepping into the unknown – not exactly a recipe for confidence.

Giant 3: Copycat Syndrome: Ever tried mimicking someone else's path to success? Spoiler alert: It doesn't work. Confidence comes from being authentically me, not a second rate version of someone else. I have unique innate talents to use and apply.



Giant 4: Not Knowing My Superpowers: Many of us don't fully understand our talents and strengths, which is like going on a far out trip without knowing where we are going. Discovering & embracing my unique talents is key to building real self confidence PLUS remembering all the times I have already been and used them!

Let's tackle these head on: So, what's the game plan for overcoming these giant obstacles? How about getting to know myself on a deeper level that way I am not following someone else's blueprint; I am understanding my unique makeup - my innate talents, my Personality Needs and what makes me really feel alive.

Know Myself to Trust Myself: Let this be the motto of the day! At the heart of greater self confidence is greater self knowledge.

Here is the 3 Step Process.

Read through the Personality descriptions on pages 11 - 16.

Then complete the exercises. This is **NOT** about thinking or getting the right answers. It is **more about feeling and trusting** in what is most like me.



01 STEP

CLEAR ON WHO I REALLY AM

Identity is not an option! I must identify myself as someone or something. It is an essential and vital piece for maintaining my emotional and mental wellbeing.

Without identifying myself, there is no stronghold on which to build self confidence. And without self confidence, I find myself seeking validation, leading to a cycle of people pleasing and neglecting my own needs. My self worth becomes entangled in others' perceptions of me, making it challenging to accept their praise, acknowledge my achievements or receive constructive feedback.

Making decisions become daunting since I base them on comparison, my path compared to others. And inside of me grows a feeling of self doubt about my own direction in life. I feel like a leaf being blown around by the wind with little control over my life. Even when I do something I am proud of, I question myself.

Enough said! On the next pages read through the list of **Personality Needs** and choose **THREE** that reflect back to me aspects of who I am. Then **circle the ones that resonate most deeply with me**, the ones that truly capture my essence.

Why the words **Personality Need**? **Because I am a Person with a Personality.** And **Needs drive behavior**, they are what propel us forward, they are at the core of our every action. They exist inside of us and yearn to be fulfilled. Saying **Personality Needs** is more fitting than calling them strengths, qualities, or talents.

**READING OUT LOUD ALL THE DESCRIPTIONS ON THE NEXT 6 PAGES,
I CIRCLE ONLY 3 THAT SOUND & FEEL THE MOST LIKE ME**



ADAPTABLE PERSONALITY NEED



- I innately listen well, offer perspective & save.
- I desire to serve & help those who need what I have.
- I feel energised by being understanding, inclusive & diverse.



ADVENTUROUS PERSONALITY NEED



- I innately coordinate well, demonstrate & progress.
- I desire to succeed & perform to the best of my abilities.
- I feel energised by being capable, talented & heroic.



BALANCED PERSONALITY NEED



- I innately evaluate well, order & measure the pros and cons.
- I desire to decide what is right for me respecting others.
- I feel energised by being dutiful, fair & trustworthy.



CONNECTED PERSONALITY NEED



- I innately mediate well, join & negotiate.
- I desire to reconcile & heal those with pain.
- I feel energised by being affectionate, peaceful & moderate.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



CONSCIENTIOUS PERSONALITY NEED



- I innately teach well, transmit & unite.
- I desire to acknowledge the good & continue learning.
- I feel energised by being grateful, benevolent & idealistic.



DYNAMIC PERSONALITY NEED



- I innately move well, articulate & finish what I start.
- I desire to advance & evolve my life projects.
- I feel energised by being unpredictable, changing & abstract.



ENGAGING PERSONALITY NEED



- I innately communicate well, conceive & create.
- I desire to design & produce, even with nature.
- I feel energised by being charming, romantic & loquacious.



ENTERTAINING PERSONALITY NEED



- I innately guide well, discover & fantasize.
- I desire to consider others & make life sacred.
- I feel energised by being sincere, authentic & altruistic.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



ESTABLISHED PERSONALITY NEED



- I innately lead well, delegate & protect.
- I desire to have and own my things and belongings.
- I feel energised by being stable, assertive & materialistic.



EXPRESSIVE PERSONALITY NEED



- I innately celebrate well, liberate & live joy.
- I desire to let out what I have inside as if life were a party.
- I feel energised by being positive, optimistic & ecstatic.



INDEPENDENT PERSONALITY NEED



- I innately complete & realize things effectively.
- I desire to love unconditionally & dance through life.
- I feel energised by being autonomous, free & deliberate.



INNOVATIVE PERSONALITY NEED



- I innately begin well, invent & accelerate.
- I desire to play & experiment with many things.
- I feel energised by being curious, spontaneous & skillful.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



INSPIRING PERSONALITY NEED



- I innately dream a lot so I follow my deeper calling.
- I desire to renew, rejoice & reawaken my mission.
- I feel energised by being purposeful, elevated & believing.



KNOWLEDGEABLE PERSONALITY NEED



- I innately study well, write & organize.
- I desire to reveal the mysterious unknown so others are aware.
- I feel energised by being hospitable, prepared & informed.



MAGNETIC PERSONALITY NEED



- I innately take charge well, assert & harmonize.
- I desire to master things that interest me & let myself go.
- I feel energised by being courageous, disciplined & humble.



NURTURING PERSONALITY NEED



- I innately perceive well, use my intuition & easily predict.
- I desire to uncover things below the surface & go deep.
- I feel energised by being sensitive, profound & secretive.

**CONTINUE READING THE DESCRIPTIONS OUT LOUD
TO CHECK THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



ORIGINAL PERSONALITY NEED



- I innately take risks well, wander & envision the future.
- I desire to be worry free & out of the box about life.
- I feel energised by being wild, youthful & without limits.



PASSIONATE PERSONALITY NEED



- I innately focus well, investigate & calculate.
- I desire to arouse the senses & move the energy of money.
- I feel energised by being charismatic & highly creative.



QUESTIONING PERSONALITY NEED



- I innately analyze well, contemplate & diagnose.
- I desire to counsel & advise others about their issues.
- I feel energised by being wise, calm, quiet & reflexive.



RADICAL PERSONALITY NEED



- I innately restructure well, transform & demolish.
- I desire to give value to & regenerate things in projects.
- I feel energised by being tenacious, transgressive & rebellious.

**FINISH READING THE DESCRIPTIONS OUT LOUD
TO CIRCLE THE 3 TOTAL THAT SOUND & FEEL MOST LIKE ME**



SELECTIVE PERSONALITY NEED



- I innately design well, empathize & please for pleasure.
- I desire to enjoy life & make every simple thing beautiful.
- I feel energised by being sensual, stylish & enthusiastic.



SUPPORTIVE PERSONALITY NEED



- I innately collaborate well, construct one level at a time.
- I desire to partner with people of high standards.
- I feel energised by being present, brilliant & successful.

**WHO DO I FEEL I AM THE MOST? WHICH 3 PERSONALITY NEEDS?
WRITE THE NAMES & KEY WORDS FROM THE DESCRIPTIONS BELOW**

1.

2.

3.

REMEMBER TIMES I HAVE DONE THESE NEEDS



Write the times I “did” the **3 Personality Needs** that resonate with me.

1.

2.

3.

4.

5.

6.

7.

THE NEUROSCIENCE ABOUT PERSONALITY

Only read if I enjoy the nerdy science like Diana... here's the take.

Most people have the misconception that they craft their identities from scratch, but that is not how it works. Our very essence, down to the biological core, is shaped by our DNA - it's not just an opinion, but a fact. **DNA is the blueprint of our being, carrying the intricate codes that make us who we uniquely are.**

While over 99% of our DNA makes us the same as everyone else, it's that tiny sliver under 1% that sets us apart. Within this fraction lies **Memory Information** passed down from our family lineage, defining not only our physical features but also embedding predictable emotions, talents, life problems and potential solutions.

Know that DNA is not just about outward appearances. My DNA contains whispers of **Emotional Memory from my parents and ancestors** that ingrain predispositions to act and react, to perceive and sense, to think about things a certain way.

Unpacking the complexity of Personality is hefty and that has been Diana Dentinger's mission. The biology is that these **Emotional Memories**, stored as images in our limbic systems, sketch the stories we tell ourselves, our personal narratives, which again, influence our actions and reactions. Our biggest issue is how to STOP automatically replaying inherited emotional dramas stored in the DNA, brain and cells that drain and consume our energy!



Sure of my Personality Needs, I simply live my Personality Potential which is stored in my frontal cortex. I become able to exit the vicious cycles of the past. This is how the game of life is set up, the rules, the challenge. Overcoming the repetitive programming is how I feel empowered to steer my life with intention.

The journey is about playing daily full out with unwavering confidence and vitality. I throw myself into the game aware of my talents to realise who I came to be!

I CAN SIMPLIFY THIS FOR MYSELF!



GETTING MY UNIQUE & COMPLETE PERSONALITY PROFILE GIVES ME ACCESS TO REAL ANSWERS FAST BECAUSE THE GUESS WORK AND TRAIL & ERROR TAKE TIME!

1. Go from feeling confused about what to do to letting who I am be naturally expressed. This attracts the opportunities that are most aligned to the real me.
2. Go from feeling overwhelmed with too much on my plate to defining what is really priority for me that brings more success and fulfilment into my daily life.
3. Go from feeling frustrated that I know there is more that I want from life to finally having the clear answers about how to make that all happen!

FIND OUT MORE ABOUT GETTING MY PROFILE

<https://yourlifeyourwayacademy.com/profile>

WHAT I DO IN THE 21 DAY BEST YOU YET CHALLENGE

ONE POSSIBLE OPTION FOR A DIY PROCESS

GET STARTED WITH THE BEST YOU YET PROGRAM

1. Add to cart, complete the payment, get instructions.
2. Fill Out the Client Questionnaire in 20 - 30 minutes to receive my Complete PDF Personality Profile via email.
3. Do the Preparation Fun like the Self Image Picture.

SET UP THE MATERIALS

1. Download the 20 page PDF Personality Profile.
2. Print the 110 page Playbook Manual.
3. Print the Path to Prosperity Game Board.

PLAY THE GAME & FOLLOW THE SCHEDULE

1. Dedicate only **10 MINUTES A DAY** to read, watch & reflect.
2. Days 1 - 6 discover my core 3 Personality Needs.
3. Days 7 & 9 define my unique Life Purpose Statement.
4. Days 10 - 14 expand with my 3 Energy Needs.
5. Days 15 - 19 complete with my 6 Outer Needs.
6. Days 20 & 21 decide my next steps for progress.
7. Hop on 4 Office Hours Group Q&A Calls!

SUCCEED AT BEING MY BEST

1. Increase my confidence & energy levels.
2. Measure the meaning of my actions.
3. Recite daily my Empowering Personal Mantra.
4. Join the Sunday Dice Rolls for further integration.
5. Expect Self Realization made fast and fun!

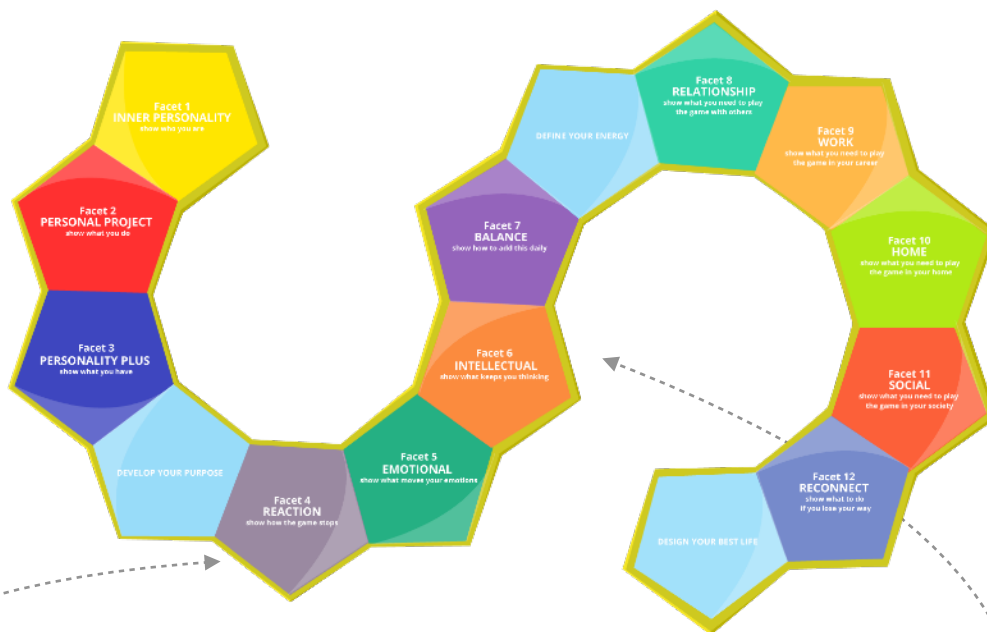


CLICK HERE TO GET MY COMPLETE PROFILE

<https://yourlifeyourwayacademy.com/profile>

I CAN DO IT OVER MORE WEEKS TOO

FUN KNOWING MYSELF IN THE 12 FACETS OF PERSONALITY SO STEP BY STEP EVERYTHING IN MYSELF & MY LIFE TRANSFORMS!



DEDICATE 30 MINUTES A WEEK TO MY CLARITY & CONFIDENCE

Week 0: Fill Out the Client Questionnaire & Do Preparation Fun

Week 1: Discover Who I am in the Core 3 Personality Need Facets

Week 2: Define my Life Purpose Statement, Personal Mantra & Image

Week 3: Increase my Vitality knowing myself in the 3 Energy Needs

Week 4: Make the first small Life Changing Decisions

Week 5: Give my best in my 4 Outer Life Area Personality Needs

Week 6: Overcome my Reaction to Stress for Greater Resiliency

Week 7: Focus on Best Self & Health Habits based on my Personality Needs

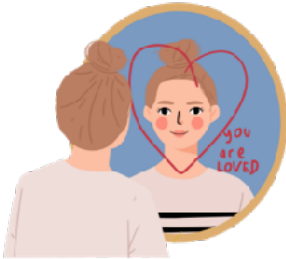
Week 8: Accelerate my Professional Success & Time Management Skills

Week 9: Improve my Communication for Personal & Professional Fulfillment

CLICK HERE TO GET MY COMPLETE PROFILE

<https://yourlifeyourwayacademy.com/profile>

We are all **emotional** beings. And **how I live right** now might not **satisfy** me enough. I want to **feel confident** for more hours a day and this is possible **when I express the best version** of who I am.



02 STEP

HOW DO I FEEL WHEN I AM ME

The Personality Need descriptions were **filled with verbs, adjectives and energising words**. These words catalyse positive images from the frontal cortex of the brain!

In **Step One** I wrote down things I remember about doing these Needs. They feel quite natural to me. I wrote what I have done, love to do and still do well.

In **Step Two** now, I want to connect to **how I feel emotionally** when I am being me, expressing the best of the Personality Needs I chose. This helps me see more vividly this image and picture. It adds to feeling my inner emotional life and experiences.

As stated before, self confidence is evolutionary, dynamic and situational.

From taking stock on page 6, what area of life do I want to feel more confident?

If I desire more self confidence in a relationship or in my career, I can use this emotional motivation to guide me towards people, situations and roles in which I can flourish by using my innate Personality Needs for emotional fulfillment.

If I rated myself low on self confidence, then I can trust this will spark more hope and excitement that it is possible to become a better version of myself, for and with myself, plus always and everywhere I go and with whomever I meet!

WHAT AM I FEELING WHEN DOING MYSELF



Write about the personal experiences and include the positive emotions.

1.

2.

3.

4.

5.

*Viewing myself and my abilities in a new light will shift my self perception and elevate my self confidence so I have more energy to explore ways to meet my Needs.
It's possible I've yet to fully appreciate just how remarkable I am.*

We are **beings of many facets and talents**, and to truly thrive by feeling content about ourselves, confident in our interactions and rightfully compensated in our careers, it's vital to communicate our real selves to others.



03 STEP

COMMUNICATE WHO I REALLY AM

In **Step One** I identified some Personality Needs that feel like me. And I wrote times I have expressed them. Therefore I have evidence from the past that I do who I am! This is the first aspect of self confidence so it does not shake with every challenge.

In **Step Two** I connected to the positive emotions of being and doing who I am. This is the emotional energy that gives me motivation to be more me now & in the future.

So here in **Step Three** I want to write out some positive pep talks about myself so I say these good things to myself out loud and even when I speak to other people.

The process to gaining more trust in myself starts with having seen and recognized my Personality Needs, including the learned skills closely connected with them. I might not currently be maximizing their potential so now I can take a moment to reflect on specific situations in which I could have been more me. It's all in the evolutionary and dynamic process of having the courage to be better next time.

1. How about **creating a new internal dialogue** that champions rather than criticizes, essentially becoming my own biggest cheerleader.
2. How about mastering **the art of sharing aspects of myself in social settings**, allowing for more genuine connections.
3. How about effectively **communicating my worth in the workplace**, ensuring my talents are recognized and valued. Let's do this!

REMEMBER THE TOP DOWN APPROACH



1. WHO AM I?

List my Personality Needs below.

1. **WHO** AM I? (INNATE PERSONALITY NEEDS)

2. **WHY** AM I HERE? (LIFE PURPOSE)

2. WHY AM I HERE?

Create an overall Life Purpose theme combining the Needs!

3. **WHERE** DO I EXCEL & THRIVE?

4. **WHAT** DO I INNATELY DO WELL?

5. **HOW** I DO UNIQUELY DO IT?

3. WHERE DO I EXCEL?

This is about whether I thrive best alone or in groups (beyond my roles).

4. WHAT DO I DO?

Next brainstorm ideas and get creative to do more of my best self!

5. **SELF REALISATION**

4. **SELF ESTEEM & CONFIDENCE**

3. **LOVE & BELONGING**

2. **STABILITY & SAFETY**

5. HOW TO DO IT?

Remember to use the emotions of my Needs & stay in a positive energy vibe!

1. **PHYSIOLOGICAL NEEDS**

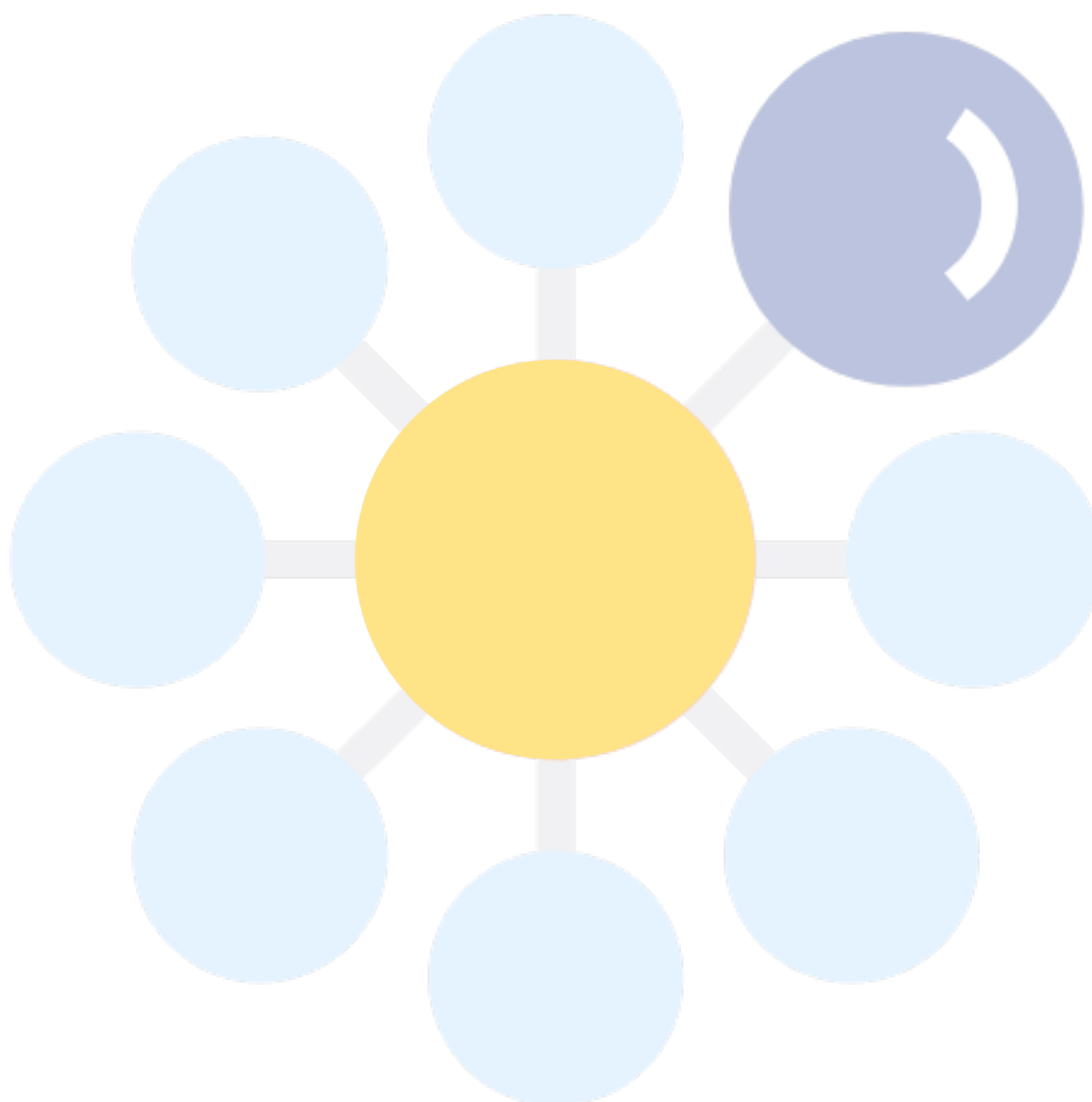


EXAMPLE

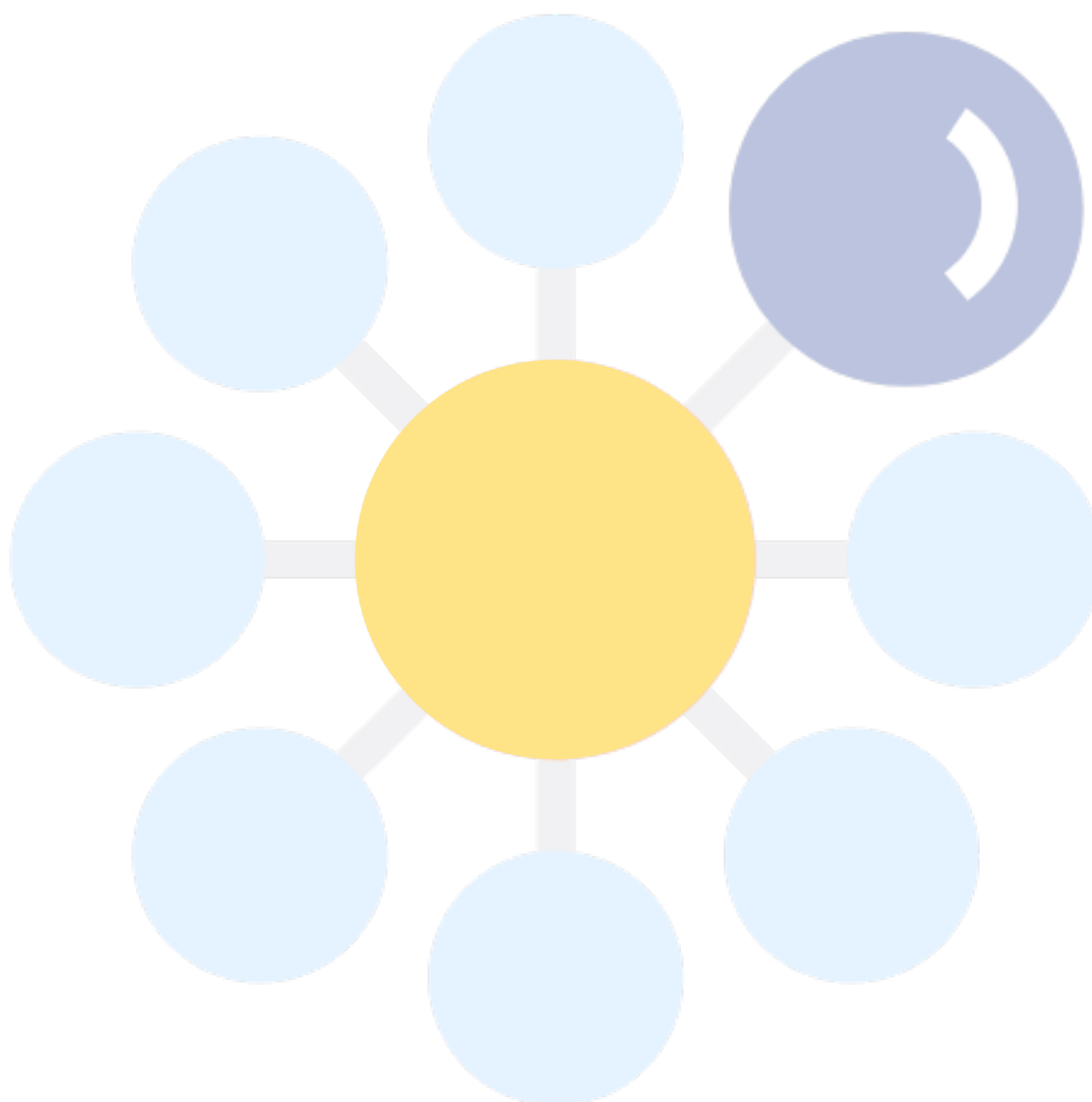
MIND MAP **ONE NEED** AT A TIME BY PLACING THE **KEY WORDS** IN THE CENTER YELLOW CIRCLE. THEN WRITE WHEN I DO THESE, FOR WHOM AND **HOW I FEEL**. READ IT AFTERWARDS OUT LOUD AS A PEP TALK.



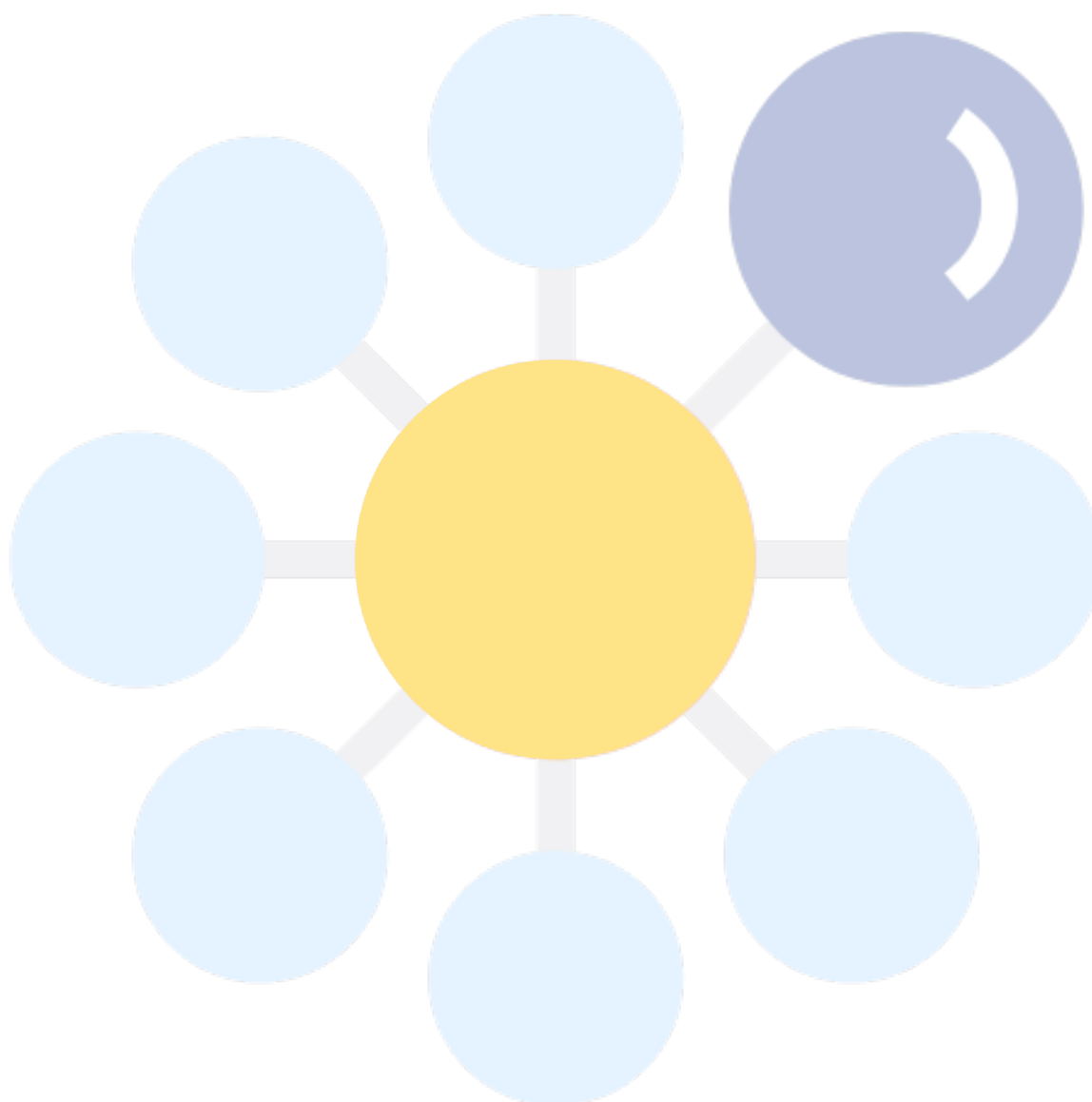
FOR MY PERSONALITY NEED



FOR MY PERSONALITY NEED



FOR MY PERSONALITY NEED



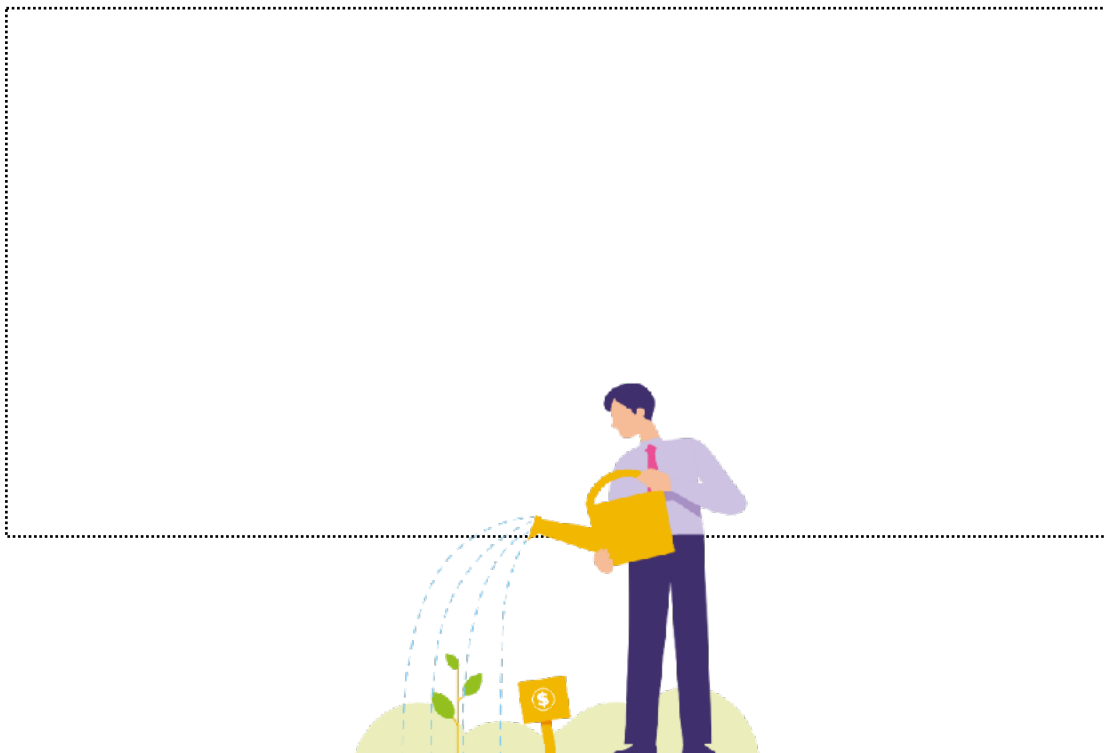
What can I say to myself daily as Positive Self Talk Affirmations about my **Personality Needs** to keep my Self Confidence high?

What can I share with others in my Personal Life about my **Personality Needs** to keep my Self Confidence high?

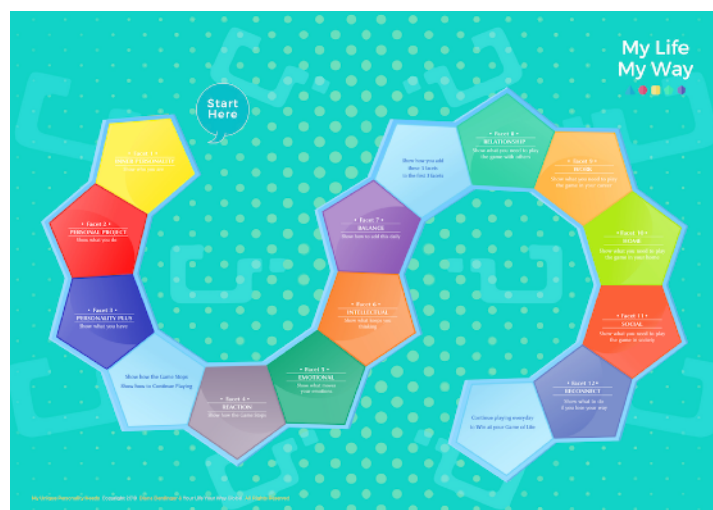


What can I say to myself about how I show up in my Professional Life related to my **Personality Needs** so I value myself?

What can I share with others in my Professional Life about my **Personality Needs** to keep my Self Confidence high?



THIS IS ONLY THE BEGINNING



Identifying which innate **PERSONALITY NEEDS** I feel are mine is just the start. But I might not have “guessed right”. It is **VITAL TO UNDERSTAND** precisely which Personality Needs I have and in **WHICH FACET OF PERSONALITY**.

Personality is quite complex but it has been super simplified for me when I get a Partial or Complete Personality Profile in a DIY, Group or One on One Program.

Here is the list of the **12 FACETS**. I have a **PERSONALITY NEED** in each one.

- | | |
|-------------------------|-------------------------|
| 1. MY CORE PERSONALITY | 7. MY BALANCE NEED |
| 2. MY PERSONAL PROJECT | 8. MY RELATIONSHIP NEED |
| 3. MY PERSONAL PLUS | 9. MY WORK NEED |
| 4. MY REACTION NEED | 10. MY HOME NEED |
| 5. MY EMOTIONAL NEED | 11. MY SOCIAL NEED |
| 6. MY INTELLECTUAL NEED | 12. MY RECONNECT NEED |

KNOWING MY COMPLETE PERSONALITY takes away all the energy drains, confusion and frustration. I face my issues and make better decisions. I finally eliminate stress and struggle from my life to do more of what is meaningful to me!

WHAT OTHERS SAY ABOUT THE PROFILE

What Clients Say about having their Profile

After going through my Personality Profile with Diana, I started to feel good naturally, have more energy, **peak my performance** and even increased my income by 58% in 6 months.



Mopani MK
Banking Industry
Motivational
Speaker
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Diana Lehner
Veterinarian &
Animal Trainer
AUSTRIA

The course **opened my eyes** on which needs I have to address and how. Now I am aware of whenever I get off course and about my next steps. Life is so much more enjoyable when you **stop wandering in circles** and start walking towards your goals. I'm equipped with everything I need but wasn't sure how to use it all!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile


This program is astounding. After a 2 Day Intensive with Diana, I even got my wife, sister, and children coached. **Everyone needs Your Life Your Way.** Thanks for making it accessible to more people!



Miguel Ribeiro Ferreira
Shark Tank
Judge, Portugal

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Stig Bertelsen
Quantum Healer
Practitioner
SWEDEN

Sometimes even we who work professionally with giving feedback need feedback ourselves & I mostly go to Diana for this. She is also a **power house of compassionate energy** built on a foundation of researched academic skills.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Sal Ramya
Soft Skills
Trainer
INDIA

I have attended many workshops and heard so many Coaching styles, patterns and topics but none of them is so unique as yours. This Coaching is tailor made for each and every individual. If knowledge is powder, knowledge of yourself I the ultimate light and power. I am really glad for having met you. My heartfelt thanks.

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Brid Hanlon
Healy & Timewaver
Consultant
IRELAND

Absolutely brilliant! I had no idea of who I was... I even feel upset about it because I managed to provide without knowing and my reference points were always outside, who does that person say I am, do I fit in... then I must be ok even if I don't know who I am. I have a lot of catching up to do...

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile


I got **more out of 2 days with Diana** than in 8 UPW's. I was even involved in the organization of Robbin's events. This is just what I was looking for in my own Personal and Professional Development.



Callum Bridgeford
Avocado Ninja
CEO Health Store
UK

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Costanza Arduino
Author, Bowen
Practitioner
ITALY

With Diana's help I finally understood the **profounder reasons why I was afraid** to publish my books, angel cards and meditations. She mentioned if there was someone in the family tree that worked with angels. It was crazy when my father told me the story!

YOUR LIFE YOUR WAY ACADEMY

What Clients Say about having their Profile



Gillian Hipp
Ph.D. Movement
Therapy
UK

This Methodology found a spare puzzle piece that I hadn't been aware of in my Personality. Actually, it was the **missing piece that's not been there for my whole life.** Massive weight lifted... I love working through all this and something has really shifted for me... very grateful to you! The universe works in amazing ways!

YOUR LIFE YOUR WAY ACADEMY

READY TO START NOW?



I can get a simple, **STREAMLINED PROCESS** making it easy for me to dive deep into every aspect of my being when I get my unique **PERSONALITY PROFILE** offered along with Video Masterclasses. I want to know myself and create a great life.

Diana Dentinger lays it all out for me in a **FUN, GAME LIKE** format taking the guesswork out of discovering the multifaceted person that I truly am.

OPTION 1 – THE 21 DAY **BEST YOU YET** CHALLENGE

1. My Complete Personality Profile with Descriptions in all 12 Facets,
2. A 110 Page Manual Playbook for going fast and deep into myself,
3. 10 Part Masterclass Video Trainings to understand the process fully,
4. Access to 4 Office Hour Group Q&A Zoom Calls to make better decisions,
5. The Path to Prosperity Game Board and Member Activities!

OPTION 2 – THE DIY **SELF CONFIDENCE** WORKSHOP

1. My Partial Personality Profile with Descriptions of my Core 3 Talents,
2. A 37 Page Manual Playbook for Following the Proven Process,
3. 12 Part Masterclass Video Trainings to follow along when I want,
4. Access to 2 Office Hour Group Q&A Zoom Calls for more clarity.

OPTION 3 – ACCELERATE WITH **1 ON 1 COACHING**

1. My Complete Personality Profile with Descriptions in all 12 Facets,
2. A 110 Page Manual Playbook for going fast and deep into myself,
3. 20 Part Masterclass Video Trainings to understand the process fully,
4. Access to 4 Office Hour Group Q&A Zoom Calls to make better decisions,
5. The Path to Prosperity Game Board and Member Activities!
6. Personal guidance by Diana Dentinger, creator of the Methodology.

FREQUENTLY ASKED QUESTIONS



1. What is a Personality & Needs Profile® Readout?

The Personality Profile Readout is a 20 page readout with 12 pages of descriptions of my Unique Individual Needs in each of the 12 Facets of Complete Personality. The descriptions are “key worded” so my biology, neurology and psychology remember “what it’s like to be me”. These key words have the power to catalyse change in me so it is easy to step into my potential and feel energised. Ultimately my Personality Profile Readout is an Instruction Manual on how to live life my way being the best version of myself. Offered in **VARIOUS COURSE OPTIONS** it is accompanied by a 110 page Playbook with worksheets, reflection questions and exercises to facilitate the process of self awareness, decision making and focused action taking.

2. How does the profiling process work?

First I fill out a Questionnaire writing at least 30 words to each of the 15 open ended questions such as: “Name the number one challenge that if it were solved would change my life for the better?” When correctly filled out, my questionnaire is put into a system that elaborates my Personality Profile Readout. It organises the Needs I have and in which Facet of Personality they are in. This Methodology is protected by copyright laws.

3. Does Personality change over time?

No, my innate Personality does not change. The degree to which I live my Personality is what changes. I might have periods during my life in which I fulfill my Unique Individual Personality Needs and am therefore expressing my Personality potential. And there might be other periods in my life in which I do not. Being that this Profile and Methodology were created by reverse engineering the root causes of psychosomatic illnesses, there is a higher probability of me developing an illness and emotional blocks when I am not expressing my fuller potential.

4. How does this Profile differ from other Personality Assessments?

Most other “tests” or assessments have me answer a multiple choice questionnaire, forced yes or no answers, or even rating an affirmation from strongly agree to strongly disagree. These are called Psychometric tests. They are not based on science. And if I would take the same test at a distance of time, there are probabilities that the results will vary. The results I obtain from these “tests” or assessments are that I am 1 of 4/8/9/16 types. But I am so much more! That is why the Your Life Your Way Academy is my one stop, best place for personal growth.

FIND OUT ABOUT GETTING MY PROFILE

<https://yourlifeyourwayacademy.com/profile>

MORE FUN & INSPIRATION

From **Podcast Episodes** each week on a variety of topics, both in audio and video format, to **Self Help Books** for my continued personal growth, Diana Dentinger shares her vast professional experience and profound wisdom to help me live a great life being the great person I am meant to be!

<https://www.youtube.com/user/dianadentinger>

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<https://player.fm/podcasts/diana-dentinger>